December 2017

The Palo Duro Buzz

Make every day a good day

Palo Duro Senior Center \bullet 5221 Palo Duro NE Albuquerque, NM 87110 \bullet 505.888.8102 Mon, Tues, Thurs & Fri: 8:00am \bullet 500pm \bullet Wed: 8:00am \bullet 7:00pm \bullet 5at: 9:00am \bullet 1:00pm

Tis the Season Special Luncheon

Thursday, December 14th

Serving 11:30am-11:45am

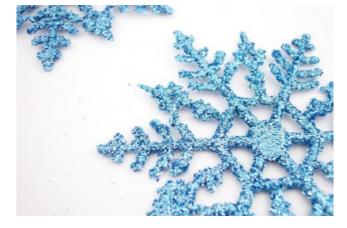
'Tis the season to be jolly! This is always a festive time of year and we want to share these festivities with you!

- Live Entertainment by Gene Corbin
- Door Prizes

Menu includes:

- ◆ Chicken Cordon Bleu
- ♦ Caesar Salad
- ♦ Green Beans

- Mashed Sweet Potato
- Dinner Roll
- Carrot Cake



Candy Cane & Cocoa Tree Trimming



Friday, December 1st: 10:30am

What's a winter month without the candy canes and cocoa? We will have a delicious Hot Chocolate Bar along with a chocolate fountain! Join us as we decorate our Christmas tree and get in the spirit!

Center Closures

Monday, December 25th

For Christmas Day



Monday, January 1st

For New Year's Day



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Department of Senior Affairs



Mayor Tim Keller Jorja Armijo-Brasher Director

Rhonda Methvin Recreation Division Manager



Palo Duro Senior Center



Natasha Montoya Center Manager

Larissa Martin Program Coordinator

Vacant
Office Assistant

Dave Ellis Program Assistant

Vacant Program Assistant

Manuel Ibuado General Services

Ted Casey

David Martinez
Assistant Cook

Popcorn Days

Grab your bag at the front desk-we're popping Tuesday through Thursday beginning at 10:30am!

\$0.25 Bag





OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00pm-3:00pm Thursdays 9:30am-11:30am

Bring your membership card!

*Thursday lab hours will be cancelled beginning in January due to Tax Appointments.

Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength. Reservations are a must!

*Call Palo Duro Fitness Center to register: 505.880.2800

M, W, F: 8:30am - 10:45am M & F: 12:30pm - 2:45pm \$0.50 Transportation Fee





Bingo

Tuesdays 1:15pm-4:00pm 5- Genesis, 12- Bee Hive

Homes, 19 - Steddep Wesley,

26- TBA

Friendship Coffee

Wednesdays 9:15am -10:15am

Gather with friends old and new for a cup of joe and treats courtesy of our generous sponsors.

6- Walgreens, 13-Presbyterian, 21- Edward Jones, 27- Blue Cross Blue Shield



What's The Buzz?

Join us for these exciting free events that will be taking place this month...

Birthday Party

Join us for some birthday cake as we celebrate the November birthdays at Palo Duro.

Friday, December 1st 11:30am-12:30pm

Sponsored by AGA- Medicare Options



'I scream, you scream we all scream for ICE CREAM!'



Thursday, December 21st 11:30am-12:30pm This month's sponsors:

Davis Riordan– Insurance Broker Aleitress Owens– Acti-Kare In-Home Care

Movies at Palo Duro

Join us at 1:30pm for these movies! Refreshments provided at intermission. Movies shown every 1st & 3rd Thursday.



December 7th- Red 2 (PG-13) 1:56 min

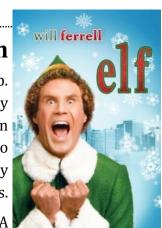
Retired CIA agent Frank Moses is in love with Sarah Ross and enjoying their normal life. Out of the blue, Marvin Boggs meets Frank in the supermarket and tells that Wikileaks has released the information that they had participated and know the whereabouts of the Nightshade, a portable nuclear weapon. Now the top agents in the world are under contract to seek them out. But dangerous killer Jack Horton is hunting Frank down and will not stop until he recovers the bomb.

Sponsored by: By Your Side Homecare

December 21st- Elf (PG) 1:35 min

One Christmas Eve, a small baby crawled into Santa's bag of toys during a stop. Concealed in the bag and undetected by Santa, the child was accidentally whisked back to the North Pole. Santa's most trusted helper raised the human child as an elf. But when he got older and realized the truth, Buddy sets off to New York City to find his real father. Buddy soon learns that life in the big city isn't all sugar plums and candy canes, and it is up to him to save Christmas.

Sponsored by: TBA



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Palo Duro Trips.

*Reservations must be made in person with a valid membership card.

Christmas in Madrid - Madrid Saturday, December 2nd

Depart: 2:15 pm ● Return: 9:00 pm ● Transportation: \$7.00





Dr. Field Good's Kitchen "A Fare" - Santa Fe Wednesday, January 10th

Depart: 9:30 am ● Return: 4:00 pm ● Transportation: \$7.00

NM State Legislature - Santa Fe Wednesday, January 24th

Depart: 8:15 am ● Return: 4:00 pm ● Transportation: Free





Rio Bravo Brewing Co. - Albuquerque Tuesday, January 30th

Depart: 10:45 am ● Return: 2:00 pm ● Transportation: \$2.00

Abq. Office of Emergency Management - Albuquerque Wednesday, February 7th EmergencyPrepared

Depart: 9:30 am ● Return: 2:00 pm ● Transportation: \$2.00



Tuesday, February 13th



Depart: 10:15 am ● Return: 3:00 pm ● Transportation: \$5.00

*Trips for January-March will be available to sign-up on Wednesday, January 3rd after 9:00 am. All participants must be present to register.

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On-going Daily Schedule

511 5 01	ing Daily Schedule		
Monday	Monday	12:30–2:45	3
8:15-9:15	Aerobics 50¢*	1:00- 3:00	
8:30-11:00	Lapidary	3:00- 4:15	Tai Chi Chih, Begin; (11/1-12/6) \$60*
9:00-10:00	Yoga, Belts and Blocks \$3	3:15- 4:15	Nia Technique \$5 per class*
9:00-11:00	Choralaires	4:30-5:30	Tai Chi Chih, Cont; (11/29-12/20) \$40*
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks \$3*
9:30-10:30	Gentle Exercise 50¢*	Thursday	Thursday
11:00–1:00	Lujan Grisham Mobile Office: 12/19	8:00-9:00	Flex & Tone 50¢*
11:00–3:00	Ceramics	8:00-1:00	Ceramics
11:15–2:30	Philatelic Society	8:15-4:30	Rockhounds Trip (2 nd & 4 th) \$ varies
11:30–1:00	Jug Band Practice	8:30-12:00	Deaf Seniors
11:45–1:00	T.O.P.S.	8:30-11:30	Lapidary
12:15–4:00	Duplicate Bridge	9:00-11:30	German, Intermediate
1:00-3:00	French, Advanced \$5 materials fee*	9:30- 11:30	Open Computer Lab
1:00-3:00	Open Computer Lab	12:00-1:00	Rockhounds Meeting (1st & 3rd)
1:30–3:15	Line Dancing, Advanced	12:00-3:30	Mah Jongg (2 nd & 4 th)
2:45–4:30	Retired Physicians	12:30-4:00	-1
3:00–4:00	French Language Book Club	1:00-4:30	
3:00-4:30	Essential Oils (2 nd only)	1:00-3:00	Discussion Group, Open Topic
3:15–4:30	Line Dancing, Beginning	1:30-3:30	
Гuesday	Tuesday	Friday	Friday
3:00-9:00	Flex & Tone 50¢*		Aerobics 50¢*
3:00–12:30	Quilting (and more!)	8:30-12:30	Defensive Driving (1 st only) \$20, \$15 AARP
3:15–4:00	Hiking (every other) \$ varies	9:00-11:30	
3:30–11:30	Tuesday's Angels	9:30-10:30	
3:30–11:30	Lapidary	9:30-10:30	
10:00–12:30	Sewing & Alterations	9:30-11:30	Stained Glass
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	12:00-2:00	Get It Done
1:00-3:00	ABQ Travel Partners (2 nd & 4 th)	12:15–4:00	
1:00-3:00	Open Computer Lab	1:00-3:00	Spanish, Beginning
1:00-3:00	Visiting Artists Series	1:00-3:30	
1:15–4:00	Bingo \$3* minimum to play		Open Computer Lab
1:30-2:30	Mystery Book Club (2 nd only)	1:00-3:00	
2:15–4:30	Rio Grande Players	2:15–4:30	· ·
Wednesday	Wednesday	Saturday	Saturday
3:00–11:30	Pottery Lab; firing fee	9:00-3:00	•
8:15–9:15	Aerobics 50¢*	9:00-10:30	
9:00–10:00	Gentle Yoga (Class will return in 2018)	9:00-10:30	
9:15–10:15	Friendship Coffee	9:00-1:00	-
9:30–10:30	Gentle Exercise 50¢*	10:00–11:30	ABQ Recorder Orchestra
10:00–12:00	Investment Club (BCIC) (3 rd only)	10:00–11:00	
11:30–4:00	Metalsmithing/Jewelry Lab	10:00-12:00	• • • • • • • • • • • • • • • • • • • •
12:00–3:00	Busy Bees - Crochet & Knit	10:30–12:00	
12:00- 5:00	Game Time: Scrabble, Mexican Train, etc.	11:00–12:30	Red Hatters (1 st only) (will not meet in Dec.
		11:00–12:45	NARFE Chapter 80 Meeting (1st only)

The Honeycomb Cafe

Menu items subject to change. Please arrive before 12:30. **Daily Hot Lunch-** \$3.25 *Reservations Required

Please call before 1:00pm by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	December 1
Beef Patty & Onions w/ Gravy	Chicken Alfredo	Carne Adovada Enchiladas	Beef Tips w/ Noodles	Salmon w/ Pineapple
4	5	6	7	8
Beef Fajitas	Chicken Florentine	Turkey w/ Gravy	3 Cheese Lasagna	Pork Chops w/ BBQ Sauce
11	12	13	14	15
Biscuit w/ Sausage Gravy	Blackened Salmon	Chili Dog	Special Luncheon	Rotisserie Chicken
18	19	20	21	22
Pot Roast	Caesar Chicken	Pollock w/ Tartar Sauce	Alfredo Pasta	Ham w/ Red Chile
25 Center Closed	26	27	28	29
6 Meny Christmas	Turkey Corndog	Helen's Beef Stroganoff	Minestrone Stew	Tamales w/ Red Chile

Other options without a reservation — Monday thru Friday —

Breakfast 8:00-9:00



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1.00
0.70
0.25) 1.00

Lunch 11:30-1:00

SaladSmall	\$1.00
Soup or Pie of the Day	\$0.50
Sandwich of the Dayhalf sandwich	
Grilled Cheese	\$1.25

Beverages during all meals

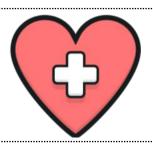
Milk or Juice	\$0.25
Coffee or Tea	\$0.30

Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102

Information about Colonics

Presented by: Gwen Goldsmith Wednesday, January 17 • 10:00 am





Importance of Oral Health for Seniors

Presented by: Discount Dental Wednesday, January 24 •10:00 am

Low Carb-High Flavor

Presented by: Food with Friendz

Thursday, January 25th • 9:30 am





What's and Why's of Preplanning

Presented by: French Funerals
Thursday, February 8th • 10:00 am

Small Plates and Noshes

Presented by: Food with Friendz
Wednesday, February 14th • 9:00 am





General Life Planning

Presented by: Senior Citizens' Law Office Wednesday, February 21st • 10:00 am

Check out our bulletin board to see what other presentations are also available!



Palo Duro Features

Manage Your Chronic Disease (MyCD) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life.

This session will be a general Diabetes Self-Management Program Workshop:

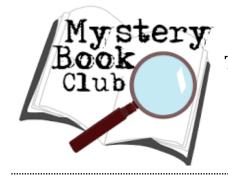
<u> Ianuary 4, 2018 - February 8, 2018</u>

Thursdays

1:00pm-3:30pm

To enroll, please call 505-880 -2800.





Mystery Book Club

The books we read are available at the public library next door. Everyone is welcome, so please join us!

2nd Tuesdays: 1:30pm-2:30pm

Tuesday, December 12th: Rogue Island by Bruce DeSilva

Visiting Artist Program

Tuesdays: 1:00pm- 3:00pm

This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides an artist volunteer who guides participants in art activity. Let your creativity bloom!

Date	Program	Artist
5	Fused Glass (Session I)	Sue Copus
12	Stamping-Decorating Papers	
19	Fused Glass (Session II)	Sue Copus
26	Open Studio	
*There will be a small materials fee for the fused glass supplies		



Vintage Photos from Palo Duro's Past

Some of our photos date back to 1974 when the Center first opened. Check out our assortment of photos and memorabilia located on our lobby bookshelves. You may even find a picture of yourself!





Bee sure to check these out!

*New

Grief Support Group



This group will offer emotional support in a safe environment with others experiencing loss. Information will be given each week to help understand the grief and loss process. Led by a certified grief counselor, this group will offer a safe place to share your journey.

January 23 - February 20 Tuesdays: 2:00pm-3:00pm Certified Counselor Free

*Limited spots, sign up at the front desk beginning December 1st!

Beginning Spanish Conversation

*New Class

Join us for this 6-week course as we practice our Spanish speaking skills in this class targeted for beginners. Led by an experienced instructor, your Spanish tongue is sure to be challenged!

January 23-February 20 Tuesdays: 3:00pm-4:00pm

\$40 includes materials and instruction

*Limited spots, sign up at the front desk beginning December 1st!



—CASA Nutrition Tip—

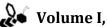
Using Sugar Substitutes in Holiday Treats

Holiday desserts can easily be made healthier, but they still need that familiar sweet flavor. For that, you would typically use sugar. In many of your senior recipes, you may be able to <u>substitute</u> honey, maple syrup, molasses, agave nectar or turbinado sugar for the granulated sugar. You can also reduce the amount of sugar that your recipes call for. With many desserts, you won't notice if you use ¾ of a cup instead of a full cup of sugar – and, you may even be able to cut the sugar down to ½ cup without any noticeable taste

Replacing Saturated Fat in Holiday Treats
With baked goods, you can try exchanging half of the oil or butter for unsweetened applesauce, mashed banana or another type of fruit puree. Your brownies, cakes and cookies will still be moist, tender and delicious, but they'll be lower in fat. If you have holiday dessert recipes that call for full-fat dairy, you can exchange it for a lower fat alternative. Choose low-fat milk instead, or replace dairy milk with almond or soy milk, and you'll reduce or eliminate the saturated fat.

Reducing White Flour in Holiday Treats

Although whole wheat is the most popular, many different types of healthy flour are available. Replacing white flour with the wheat variety gives your dessert treats a boost of nutrients and heart-healthy fiber. However, because whole wheat flour is coarser and can change the texture of your holiday sweets, it's best to replace only a portion of the white flour called for. Start with a fifty-fifty mix of each type, and gradually increase the amount of wheat until you reach the right balance. Or, you may want to try white whole wheat flour, as it has a milder taste and lighter texture.



Palo Duro Announcements

Desert Willow Gift Shop

We would like to invite you to visit our gift shop, it's starting to look very festive with much of the holiday items made by our talented seniors. This is a very unique shop with many unused gifts all made by seniors; wooden toys,

baby items, kitchen articles, leather crafts and a wide array of jewelry and scarves. We invite any senior center member who would like to bring in their handmade items to our shop. We are open Monday through Friday, 9:00 am through 2:00 pm. Please call 505-888-8102 and ask to be transferred to our gift shop. Thank you!

Elenor Key, Manager 505-888-8102





Cell Phone & Tablet Assistance **Tuesdays: 1:00-2:00pm** Lobby

Ask your questions about smartphones and other gadgets- our volunteer is here to help!

Silver Horizons Food Pantry Thursday, December 28th 2:30pm-4:00pm



*We will not allow people to block hallways, doorways or classrooms



Palo Duro Holiday Arts & Crafts Fair

Only handcrafted and artisan goods will be available to sell, so be sure and see what you'll find- this special event will only take place throughout December!

Tuesdays: 8:30am-12:00pm